What's happening

July/August 1986
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, July 1, 8, 15, 22, 29 and August 5, 12, 19, 26. Meet in the lobby of the Medical Sciences Building, 513 Parnassus. For further information call 476-4394.

BROWN BAG TOURS/ LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 300 Health Sciences West (enter through 513 Parnassus). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

July 2: **Contacts, Connections & Cocktails: How to Work a Room.** For anyone who wants to learn how to "manage the mingling" at a conference, meeting or social occasion.

July 9: **Gift of Love.** A film depicting the relationship between two young heart patients, their parents and the pediatric, hospital and nursing staff at the Medical Center at UCSF.

July 16: **Are You *Sure* It's Arthritis?** The hard facts about soft tissue rheumatism.

July 23: **Mediation: A New Way to Resolve Conflicts in Families & Personal Relationships.** Solving problems through cooperation.

July 30: **Behavioral Medicine & Weight Loss.** Sensible strategies for losing pounds and maintaining an ideal weight.

Aug. 6: **How to Manage Your Stress by Managing Your Time.** Techniques for lowering stress and allowing time for work, family and fun.

Aug. 13: **Beta, Calcium Blockers & Other New Drugs.** For treatment of post-heart attack victims and control of angina & hypertension.

Aug. 20: **AIDS: Past, Present—Future?** A timely update on the status of AIDS in San Francisco and nationwide.

Aug. 27: **Ethical & Legal Aspects of Tobacco Promotion.** Galvanizing the courts, the political process and public opinion to impose social responsibility.

CHILDREN'S SUMMER FILM SERIES

Films are shown at two locations—Cole Hall, 513 Parnassus, and UCSF-Laurel Heights Aud., 3333 California. Children under 12 $1.50, UCSF students, Millberry Union members $2, general $2.50. Group rates available. Call 476-2542.

The following films will be shown on Fridays in Cole Hall, 513 Parnassus, at 10 a.m.; 1:30, 6:30 & 8 p.m.:

July 18: **101 Dalmations.**

Aug. 1: **Alice in Wonderland.**

Aug. 15: **Care Bear Movie II: A New Generation.**

Aug. 29: **Mary Poppins.**

The following films will be shown on Saturdays in the UCSF-Laurel Heights Aud., 3333 California, at 11 a.m.:

July 19: **101 Dalmations.**

Aug. 2: **Alice in Wonderland.**

Aug. 16: **Care Bear Movie II: A New Generation.**

Aug. 30: **Mary Poppins.**

COMMUNITY HEALTH EDUCATION PROGRAMS

Lectures are free and geared to senior citizens. Call 476-3206 for exact dates and times.

July

Sexual Health. Salvation Army Senior Nutrition Site, 125 Valencia.

Dental Care. OMI Senior Center, 333 Randolph.

August

Exercise. California League for the Handicapped, 1299 Bush.

Alzheimer's Disease. OMI Senior Center, 333 Randolph.

Insomnia. Montefiore Senior Center, 655 Brotherhood Way.

Background & Current Information on Alzheimer's Disease. Glide Senior Center, 330 Ellis St., Rm. 611.

AIDS/ARC: UPDATE '86

Fri.-Sat., July 25-26: Two-day educational program, co-sponsored by many agencies in the Bay Area, designed for nurses and other health care providers who care for persons with AIDS and/or ARC. Held at UCSF. Call 476-7360.

NEW VOLUNTEERS ORIENTATION

To acquaint new & prospective volunteers with opportunities available at the Medical Center at UCSF. Call 476-1196.

Tues., July 15: Rm. 130, Clinical Sciences Bldg., 521 Parnassus. 1-3:30 p.m.

Tues., Aug. 12: Rm. 209, Clinical Sciences Bldg., 521 Parnassus. 1-3:30 p.m.

OVEREATERS ANONYMOUS MEETINGS

Held every Monday from noon-1 p.m. in Rm. 417, School of Nursing Bldg. (enter through 521 Parnassus). Call Dolores Phillips at 929-8651.

ART EXHIBITS

Hospitals Auxiliary Exhibit. On display for the month of July in the lobby of Moffitt/Long Hospitals, 505 Parnassus, will be Chinese brush paintings, oil paintings, nature and color photos. On display for the month of August will be prints, watercolors, black & white photos and Egyptian reproductions. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 181, Moffitt Hospital, 505 Parnassus, 10 a.m.-2 p.m., or call 476-4906.

Faculty/Alumni House Exhibit. On display through August are paintings by Jane Culp. Faculty/Alumni House, 745 Parnassus. 8 a.m.-4:30 p.m. Call 476-4723.

WOMEN'S RESOURCE CENTER EVENTS

All events are free and held from noon-1 p.m. in Toland Hall. Call 476-5836.

Tues., July 8: **Work With Passion: How To Do What You Love for a Living.** Nancy Anderson, author of *Work With Passion: How To Do What You Love for a Living.*

Tues., July 22: **When You Think of Mexico: Images of Mexicans in the Mass Media.** Yolanda Lopez, artist and scholar.

MOBILE MAMMOGRAPHY SCREENING PROGRAM

Women now can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m.

The van will be at the following locations during July and August:

- June 30-July 3: UCSF parking lot, across from 350 Parnassus.
- July 7-11: Taraval Safeway, between 17th & 18th Ave.
- July 14-18: Lick Super, 7th Ave., between Geary & Clement.
- July 21-25: Diamond Heights Blvd., near Safeway.
- July 28-Aug. 1: Embarcadero, on Drumm between Sacramento & Clay.
- Aug. 4-8: Marina Green parking lot, near Buchanan & Marina Blvd.
- Aug. 11-15: Westlake Shopping Center, on Park Plaza Dr. adjacent to Brentwood Market.
- Aug. 18-22: Irving, between 25th & 26th Ave.
- Aug. 25-29: UCSF-Laurel Heights parking lot, 3333 California.

PRO: RECREATION & FITNESS PROGRAM

Over 100 classes offered quarterly in areas of exercise, stress management, massage & relaxation skills, dance, scuba diving, sailing, self improvement & education, cooking, catering, photography and stained glass. For further information and a free brochure listing all classes, including circuit weight training, creative wok cooking and more, call 476-1800.

Mon., July 28: **Midpoint registration.** Half price on all classes not already filled. Register at Millberry Union athletic desk, 500 Parnassus.

NURSING SERVICE COURSES

For further information call 476-2993.

Wed., July 2: **Pediatric Cardiology II.** Location to be announced.

Wed.-Thurs., July 2-3: **Neurology I & II.** Rm. 980, Moffitt Hospital, 505 Parnassus.

Mon., July 7: **Pediatric Neurology.** Location to be announced.

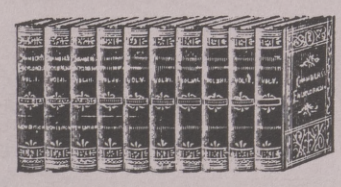
Wed., July 9: **Renal & Endocrine Courses.** Rm. 980, Moffitt Hospital, 505 Parnassus.

Mon., July 14: **Pediatric Renal.** Location to be announced.

Fri., July 18: **Immunology/Bone Marrow Transplant/IL-2.** Rm. 980, Moffitt Hospital, 505 Parnassus.

Thurs., Aug. 7: **Developing the Role of the Clinical Preceptor.** Rm. 721, School of Nursing Bldg. (enter through 521 Parnassus).

Fri., Aug. 8: **Professional Issues in Nursing Leadership.** Location to be announced.



CAL FILM & READING GROUP

Meetings are held once a month to discuss selected books and films. Held in Rm. 238, Millberry Union, 500 Parnassus, at 5:45 p.m. Call 476-2542.

Thurs., July 10: **CAL Film Group Meeting.** Discussion of *Letter to Brezhnev* and *Top Gun.*

Tues., July 29: **CAL Reading Group Meeting.** Discussion of *The Land of Dreamy Dreams,* by Ellen Gilchrist.

Thurs., Aug. 14: **CAL Film Group Meeting.** Call 476-2542 for film titles.

Tues., Aug. 26: **CAL Reading Group Meeting.** Call 476-2542 for book titles.

OUTDOORS UNLIMITED

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure listing all events call 476-2078.

Tues., July 8: **Welcome to Outdoors Unlimited Meeting.** OU Center. 7 p.m.

Sat.-Sun., July 12-13: **Bodega Bay Nature Trip.**

Sun., July 13; Sat., Aug. 23: **Sailing, SF Bay.**

Wed., July 16: **Nature Group Meeting.** Millberry Union, 500 Parnassus. 7 p.m.

Wed., July 16: **River Canoe Clinic.**

Wed., July 16, Aug. 6, 20: **Boardsailing Clinic.**

Thurs., July 17, 24, Aug. 7: **Sea Kayak Pool Session.**

Sat.-Sun., July 19-20: **Lake Tahoe Party.**

Sun., July 20, Aug. 31: **Berkeley Bouldering.**

Mon., July 21: **Kayak Roll Session.**

Tues., July 22: **Greenland Slide Show.** Millberry Union, 500 Parnassus. 7 p.m.

Thurs., July 24: **Broom Hockey.**

Thurs.-Sun., July 24-27: **Trinity Alps Backpacking Trip.**

Sat., July 26: **Lost Horizons Day Hike. River Kayaking Clinic.**

Sat.-Sun., July 26-27, Aug. 16, 17: **Benefit Raft Trip, American River** (four separate trips).

Sat.-Sun., July 26-27: **Boardsailing, Don Pedro Reservoir.**

Sun., July 27: **Introduction to Rock Climbing.**

Tues., July 29, Aug. 26: **Adventure Film Society Shows.** Millberry Union, 500 Parnassus. 7 p.m.

Fri., Aug. 1: **Intermediate Bay Sailing Clinic.**

Sat.-Sun., Aug. 2-3: **Yosemite Backpacking.**

Sun., Aug. 10: **Rock Climbing, Cragmont Rock.**

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California, San Francisco
...A Health Sciences Campus

July/August 1986
A summary of recent news stories from the University of California, San Francisco...A Health Sciences Campus.
Volume 11, Number 4

To our neighbors

Longer Life Brings More Disease

Americans today are living longer than ever before, but as life expectancy increases so does the number of illnesses that limit daily activity and require medical care, according to a UCSF study.

Between 1970 and 1980 mortality rates declined significantly, but during the same period the number of people with chronic conditions limiting their activity—including diabetes, hypertension, circulatory problems and cancer—increased 13 percent, and the number of people with multiple conditions also rose substantially.

Most of the sufferers of chronic illness are older people, and if the current trend continues, the country must be prepared to handle the heavy health care load, warned Dorothy P. Rice, PhD, a researcher in the Institute for Health and Aging and professor in the School of Nursing's Department of Social and Behavioral Sciences.

The study, which analyzed nationwide data on population, life expectancy, mortality, morbidity, health care expenditures and services, was designed to help health policy makers in all 50 states plan for the future.

Eating as a Social Activity for Elderly

For many elderly people, the social activity involved with sharing a meal with others has stronger positive influence on their overall health than the nutritional value of the food, according to a UCSF specialist in geriatric dentistry.

Sidney Epstein, DDS, clinical professor, dental public health and hygiene, noted that in almost every society, eating is used to maintain and foster social relationships. "An elderly person cut off from the social aspects of eating may feel this rift as a threat to his or her identity as a person," he said.

In addition to the psychosocial aspects of eating, Epstein reviewed problems the elderly face in obtaining food and their physiologic limitations in biting, chewing and digestion.

Impotence Treatment

New understanding of male sexual physiology combined with improved methods for diagnosing the cause of impotence are making treatment for the disorder—which affects one in 10 men—more successful than ever before, according to UCSF urologist Tom F. Lue, MD.

Lue reported at the annual meeting of the American Urological Association in May on UCSF's experience in treating more than 650 men suffering from impotence.

Using the drug papaverine as a major diagnostic tool in conjunction with detailed images and measurements produced with sound waves, the UCSF team was able to determine the cause of impotence in the majority of patients. In 80 percent, the problem was related to vascular function and more than half could be successfully treated with medication. The others suffered from hormonal, psychogenic or neurogenic problems requiring a variety of therapies.

For further information call 476-8796.

Help for Teenagers with Substance Abuse Problems

Teenagers with substance abuse problems now have a new place to go for help. The UCSF Adolescent Substance Abuse and Families Project has received a $360,000 grant from the National Institute of Drug Abuse to conduct a study and provide a treatment and prevention program for teenagers and their families.

Howard Liddle, EdD, director of the Behavioral Science Program at San Francisco General Hospital, directs the project, which includes clinics at UCSF and SFGH.

The program is open to adolescents between the ages of 13 and 19 who have a substance abuse problem and have at least one parent and one younger sibling willing to participate. For further information call 821-8610.

Mild Hypertension Study

UCSF is seeking persons between the ages of 18 and 59 with mild hypertension for a study comparing the effectiveness of a commonly-used blood pressure medication to a non-drug treatment that involves lifestyle and behavior change.

Asthmatics and diabetics using insulin are not eligible. People now taking blood pressure medication also are not eligible, unless willing to stop the medication for one month.

For further information call the UCSF Mild Hypertension Project at 476-5446.

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532 Parnassus Avenue, San Francisco, CA 94143

Postal Customer

Rush—Time Dated
July—August, 1986

To our neighbors

UCSF First to Grow AIDS Virus in Animal Cells

AIDS researchers at UCSF have successfully grown the AIDS virus in animal cells, the first time anyone has grown the virus in cells other than those from the human immune system.

According to the researchers, who grew the AIDS virus in monkey, mink, mouse and human fibroblast (fibrous tissue) cells in cooperation with Chiron Corporation in the East Bay, the growth rate in some animal cells is substantially lower than that in human cells.

The fact that the virus replicates poorly in animal cells, especially mouse cells, means that either the animal cells lack something that human cells have, or that human cells lack an inhibitor for the virus, said virologist Jay A. Levy, MD, professor of medicine and an investigator in the Cancer Research Institute.

"If we can learn how mouse cells limit the AIDS virus growth, we may be able to find a way to suppress the virus growth in humans," he said.

Degrees to 669 Graduates

Six hundred sixty-nine students received their degrees during June commencement ceremonies at UCSF.

The School of Medicine awarded degrees to 141 graduates. John R. Frankeny II, MD, of Pittsburgh, PA received the prestigious Gold-Headed Cane, the highest award a graduating medical student can receive. Runners-up were Georg Emlein, MD, of Mill Valley and Mark W. Satterfield, MD, of Belmont.

Chancellor Krevans conferred degrees upon 239 nursing graduates—40 BS, 186 MS and 13 DNS. Catherine R. Campbell, BS, of Berkeley, received the Florence Nightingale Award; Deborah Hamolsky of Providence, Gayle Riedmann of Omaha and Christine Wachsmuth of Cincinnati, Outstanding MS Student Awards; Lucy Sammons of San Ramon and Mary Hartfield, Distinguished Dissertation Awards for doctoral students. Irma Ruth Hagans, MS, of Richmond, CA received the John B. Harris Award.

Ninety-three dental students and 18 dental hygiene students graduated from the School of Dentistry. Robert E. Bell, DDS, of Foster City received the Francis A. Sooy Chancellor's Cup, given to the most outstanding graduating student.

The School of Pharmacy presented PharmD degrees to 125 graduates. Craig Ballard, PharmD, of San Diego was presented the top award, the Bowl of Hygeia.

Danger for Healthy Women After Routine Surgery

A UCSF nephrologist has described a syndrome in which healthy women undergoing routine surgery developed severe hyponatremia—low blood sodium—and died or suffered permanent brain damage.

Lives may be saved if physicians become aware of this newly recognized syndrome and change certain routine hospital practices, said Allen I. Arieff, MD, in the June 12 issue of the *New England Journal of Medicine*.

The surgical patients from various hospitals across the country appeared to be recovering normally after their operations. However, within two days all suffered seizures, stopped breathing and lapsed into coma, Arieff said. He found that the patients' kidneys did not excrete enough water, which, in turn, diluted the concentration of sodium.

According to Arieff, sodium levels would not drop dangerously low if patients routinely received intravenous salt water or if sodium levels were checked frequently.

Rare Toe-to-Hand Transplant for Two-Year-Old

A rare surgery at the Medical Center at UCSF has given two-year-old Stephanie DeVoss of Norman, Oklahoma, something that most of us take for granted—the ability to pinch and grasp with one hand.

In an eight-hour operation in April, a toe from the girl's right foot was transplanted to the thumb position on her right hand to help compensate for a hand deformity she was born with.

Stephanie's parents were referred to UCSF after doctors elsewhere had said nothing could be done. She is completely normal except that her hands had two fingers and a small, non-functioning appendage at the thumb site, both arms are shorter than normal and she has no left elbow joint.

She is one of the youngest children to ever undergo this type of transplant for a congenital problem, said UCSF orthopaedic surgeon Leonard Gordon, MD, who headed the surgery team. "A toe-to-hand transplant is a traumatic amputation, and rare for congenital deformities because of the risks involved," he said.

The surgery was performed using microsurgery techniques which make it possible to dissect and then reattach the extremely small arteries, veins and nerves—even more minute in a child—which are characteristic of the hand.

Better Diagnosis of Blockages in Male Urinary Tract

A condition in men which prevents urination can be accurately and painlessly diagnosed by imaging with sonogram instead of conventional x-ray, according to Jack McAninch, MD, UCSF chief of urology at SFGH. This is the first time the sonogram technique has been used to diagnose the problem.

The condition, a stricture or narrowing of the urethra (the canal through which urine travels from the bladder), is fairly frequent in men who have had an injury to the penis or an infection in the urinary tract. The sonogram image shows the length and depth of the stricture, which is usually an area of scar tissue, said McAninch. The technique is simple to perform, even in a physician's office, and is completely free of the radiation exposure experienced with x-rays, he added.

An Astaire You Don't Have to Be

UCSF Volunteer Service has been sponsoring a monthly variety show for patients, families and visitors to the Medical Center for the past year. In order to continue this "theatrical diversion," more talented people are needed. If you can sing, dance, play a musical instrument, show slides or create a craft, please call 476-1196.

(More news items on back page)